



"We help ourselves by helping others to help themselves."

Ostomy Association of the Houston Area

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

Swimming with an Ostomy

via Winnipeg (MB) Inside Out; Green Bay (WI) Ostomy Support Group; and North Central OK Ostomy Outlook

Summer is once again upon us and every year at this time, we are asked if you can still swim or do water sports with an ostomy. The answer is YES! With a little planning ahead, you can continue to enjoy the water as you did before.

Swimming with an ostomy is great cardiovascular activity that is easy on your joints and back. It might be wise to check with your WOC (ET) nurse or doctor first before stepping into the pool but otherwise if you feel well enough for some gentle water work, go for it.

The first thing people worry about, of course, is if their appliance is going to stay on. With proper preparation you can be confident it will. First, you might want to replace the appliance (ideally the night before), whether it's a one or two piece, before you go swimming. Most brands are capable of withstanding the twisting and friction involved in swimming but if you are an especially active "water sporter" you might try Cymed's microskin, or ask your local supplier/WOC nurse what they recommend. Wafers with waterproof tape can be a good choice, or you can tape the edges yourself with waterproof pink tape. (You make a sort of 'picture frame' around the barrier edges).

If your pouch has a filter, tape it shut, to prevent water from getting into the pouch. It won't hurt you if it does, but it can get sloppy—plus, who wants chlorinated or unclear lake water next to the stoma? If you do elect to change brands, it would be wise to wear the new gear for a few changes before you commit to a public splash.

Snug spandex/lycra shorts under board shorts are an excellent choice for men, or snug spandex/lycra bathing suit bottoms for the ladies—these will help hold things in place. You can also use an ostomy belt but cinch it firmly. Ostomy belts aren't going to be

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

very comfortable when you get out of the water because they'll stay damp a long time. Speaking of damp, Coloplast Mio's new fabric coverings shed water and dry much faster than the usual pouch coverings.



Consider packing an extra bag and flange to change into once you're finished. Knowing that you have that extra gear available will assure peace of mind if you aren't comfortable for some reason.

For those with an ileostomy or busy colostomy, time your meals so that your swim can occur with the least discharge possible. Avoid gas producing foods and drink plenty of water.

Now, having said all this, you know what? Some people don't need to do anything different at all with their routine when they want to get back in the water. Wafers are meant to stay affixed and seal the stoma. Everybody's anatomy and skin is different, so you might have to try a few options before finding the right one for you.

OAHA Editor's note: I have heard once or twice stories of people being denied access to pools because of their ostomies. Two thoughts: 1. Don't tell. 2. Your ostomy is protected under the Disabilities Act and it makes a nice impact to share the knowledge.

Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice. Please contact our Visitor Coordinator, Marian Newman at 713-392-5768.

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Central Group News

With the safety of our members in mind along with the uncertainty of the weather, we canceled the June meeting of the Central Group. Please join us next month for a Roundtable discussion.

This is my last column as President. The new Board of Directors is listed on page 8 of this newsletter. As an organization, we are very fortunate to have members who are dedicated to making sure that all the ostomates that we can reach will benefit from the meetings, the newsletters, and the Visitor Program. This is an all-volunteer organization that depends on its members to help in any way they can. Given that we have members who have health concerns, we are even more grateful to those who are healthy and who can be there for those who aren't able to help. I want to thank the Board members, our nurses—Cindy, Pat, Charlene, and Kimberly, and the Committee people who have contributed to the success of the organization and have supported me as President. Please check the names at the end of the newsletter. Each has given their time and effort to make the Ostomy Association of the Houston Area the best support group possible.

As the primary contact for the group, many of the phone calls I receive are for persons with ostomy supplies that they would like to donate. For now, we don't have a storage area for supplies so we must direct donations to the following groups. Project Cure has a drop-off center in Houston so it is the most convenient. Both Project Cure and Friends of Ostomates Worldwide send their supplies overseas. OstoGroup provides supplies to persons in the US without insurance or means to purchase supplies.

Here is contact information for Project Cure, Friends of Ostomates Worldwide, and Osto Group:

Project Cure

Because of our large international distribution network, almost every type of medical item can be accepted, and all donations are receipted for tax purposes.

Phone: 832-251-2489

Email: houston@projectcure.org

Facility: 8251 Kempwood Dr., Houston, TX 77055

Friends of Ostomates Worldwide

FOW USA is always in constant need of donated supplies, especially pediatric supplies. We graciously accept any new non-liquid ostomy supplies. This includes one piece pouching systems, two piece pouching systems (even if the pouches and flanges don't match), skin barrier paste, skin barrier rings, belts, and skin barrier strips.

Please ship your supply donation to our warehouse facility at:
4018 Bishop Lane, Louisville, KY 40218

Phone: 502-909-6669

E-mail FOW: info@fowusa.org

OstoGroup

Ostomy Material Donations or for those needing supplies
Phone: 877-678-6690

The mailing address for supply donations is: Osto Group,
3500 45th Street Suite #16A, West Palm Beach, FL 33407

PLEASE PUT A RETURN ADDRESS LABEL, IF AVAILABLE, OR WRITE YOUR NAME AND ADDRESS ON A SHEET OF PAPER AND PLACE IT INSIDE EACH BOX TO BE SHIPPED TO RECEIVE AN ACKNOWLEDGEMENT LETTER. The following items are what Osto Group is looking for in the way of donated material: Hollister Products (Wafers and Pouches—Skin barriers, cleansers and wipes, M – 9), Convatec Products (Wafers and Pouches - Please label with Manufacturers part number if they are out of their box if you can. Skin barriers, Eakin Seals and Stoma Paste), Coloplast Products (Wafers and Pouches—Urostomy Pouches), Nu Hope or any brand of ostomy product (tail closures, sponges, wipes, scissors, bandages, as long as these are packaged intact and in good condition).

Regards,

Denise Parsons

President, OAHA, 713-824-8841

Northwest Group News

The June meeting was cancelled due to bad weather and a lack of kayaks among the members.

Next Month's meeting in July will feature both the Ice Cream Social and Kristine McNeill with Hollister (June's cancelled program).

Tony Romeo

936-588-4031

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

Save the Date for our Annual Holiday Party!

Mark your calendars now for our holiday party.

When: Saturday, December 5, 2015

Time: Noon

Where: The Post Oak Grill, just north of the Galleria

More to come regarding menus and reservations.

Baytown Group News

For the June 1st Baytown meeting, Kris McNeill, Ostomy Sales Specialist from Hollister provided an overview of the latest updates in ostomy supplies and accessories.

Kris shared features of Hollister's Secure Start Program. Secure Start Program not only provides samples; this program provides support for a year if needed.

Ostomy product overview includes the wonderful "floating flange" which is so helpful to those patients in the immediate postop period where the abdomen is tender. Kris explained the color coding system for labels on pouches and wafers. She pointed out that the last number on a pouch matches the last number on a wafer. (GOOD TO KNOW for the new ostomate. This could save you some aggravation and keep you from ordering the wrong thing!)

Additional features of Hollister products include:

- "Lock-n-Roll" is the patented system for securing the pouch and includes an over the top snap for security.
- The filter on the pouch has a protective coating and does not need a sticker.
- Recently redesigned urostomy pouch. Kris noted that the icon is designed to reflect "if it's showing-it's flowing."

- New universal adaptor has been made for all Hollister products. This will accommodate old and new pouches.
- There is also a new one piece flexible pouch.
- In Accessories, there are no-sting options.
- Barrier rings are available in flat and convex options.

We appreciate Kris keeping us up to date with Hollister ostomy products and accessories. In July, Cindy will report on the latest ostomy updates from National WOCN Conference in San Antonio. We hope you will make time to join us on Monday, July 6 at 6pm.

Sincerely,

Cindy Barefield, RN, CWOCA
281-428-3033



The **United Ostomy Associations of America (UOAA)**
can be contacted at:
www.ostomy.org OR 800-826-0826

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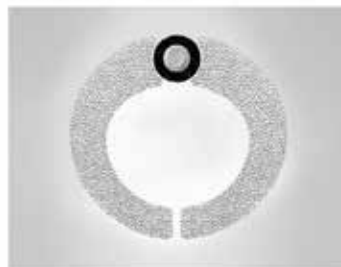
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WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org

Charlene Randall, RN, CWOCN (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799
Pat.thompson@tenethealth.com

Ten Tips for Living Well with an Ostomy

by Ann Sloane, LCSW-C, Psychotherapist; via Metro Maryland; Tulsa (OK) Newsletter; and North Central OK, Ostomy Outlook

1. Learn the basics of your own ostomy care. Practice your skills. Build your confidence. Don't depend on others to do for you what you can do for yourself.
2. Anticipate solutions to potential problems. Practice them too. Keep an Emergency Ostomy Supplies Kit in your car in case you have a leak while far away from home.
3. Live life. Hold onto your goals. Problem solve as necessary. Many limitations on an ostomate's life are self-imposed and not necessary. There are ostomates who are professional athletes, one has sailed around the world on a small boat, and most all still enjoy romantic encounters.
4. Have compassion for yourself as you discover and embrace your "new normal." Give yourself a break.
5. If you have an intimate partner, communicate honestly with one another—you may both have new feelings and needs.
6. Know you are not alone. Use your ostomy support system for seeking and sharing help with special issues; e.g., insurance, intimacy, airport scanners, skin breakdown, scuba diving, paid caregivers, self acceptance.
7. Take advantage of professional sources of support for further help with medical, emotional, relational or spiritual issues.
8. Acknowledge that having an ostomy has contributed to your life—the positive and the negative. For many of us it has been the difference between life and death.
9. Use your experience to help yourself and others.
10. Consider becoming a systems advocate for issues important to many living with an ostomy.

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UOAA National Convention—September 1–6, 2015

September 1–5, 2015 marks the date for the Fifth UOAA National Conference in St. Louis, MO.

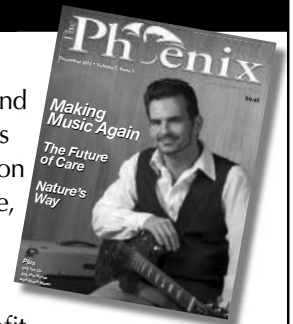
"Gateway to a New Life" will be held at the Hyatt Regency St. Louis at the Arch.

We hope that you will be able to attend this great event, where you will meet many people that have had or will have ostomy surgery, as well as attend many educational sessions, visit the exhibit hall, and enjoy the sights of the great city of St. Louis.



Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



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Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
 6301 Richmond Avenue, Houston
Contact: Denise Parsons 713-824-8841
 rockynme2@aol.com
Meeting: **July 20, 2015**
Program: **Roundtable Discussion**

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of Houston Methodist
 San Jacinto Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Meeting: **July 6, 2015**
Program: **Cindy Barefield** will report on the latest ostomy updates from National WOCN Conference in San Antonio.

Northwest Group

Monthly: Third Wednesday of the month
Time: 7:00 p.m.
Place: NW Medical Professional Bldg., (The Cali Bldg.)
 17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)
Contact: Tony Romeo 936-588-4031
 sal1mr@sbcglobal.net
Meeting: **Wednesday, July 15 2015**
Program: **Guest Speaker: Kris McNeill**, Ostomy Sales Specialist from Hollister (rescheduled from last month) and Ice Cream Social

J-Pouch Group

Monthly: Third Monday
Time: 7:00 p.m. or by Appointment
Place: American Cancer Society Building
 6301 Richmond Avenue, Houston
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220
Meeting: **July 20, 2015**

Monthly support and information meetings are held in three locations for member convenience.

Opportunities and Announcements

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

Moving?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com or send your request to the provided address below.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
 Attn: Ron Cerreta, Treasurer
 P. O. Box 25164
 Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website:
<http://www.ostomyhouston.org/>

Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

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Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

**Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164**

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: _____

Surgery Date: _____ Birth Date: _____

Reason for surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: _____

Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

- | | | |
|--|--|---|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Nurse |

☐ I would like to attend meetings with the **(please circle one)**:

Central Group Baytown Group Northwest Group J-Pouch Group

☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
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